

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

**FOR IMMEDIATE RELEASE**

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**WIC PROGRAM INVITES MOTHERS TO SUPPORT GROUP  
TO CELEBRATE WORLD BREASTFEEDING WEEK**

*The Florida Department of Health in Marion County is inviting mothers  
to the August 6 Mom and Baby's Club meeting*

Ocala—The Florida Department of Health in Marion County is celebrating World Breastfeeding Week through the entire month of August, and is having a special celebration for mothers at the August Mom and Baby's Club meeting.

The club meets at 10–11:30 a.m. Aug. 6 at the Department's Ocala location, 1801 SE 32nd Ave., near Jervy Gantt Park. There will be refreshments, door prizes, and a chance to find out what the club has to offer.

"Feeding is one of the most important decisions for a mother to make," said Debbie Flowers, breastfeeding coordinator at the Florida Department of Health in Marion County. "With all the advantages of breastfeeding, we want to do everything we can to help mothers succeed."

Pediatricians recommend that babies be fed only breast milk for the first six months of life. Solid foods should be fed at about six months and breastfeeding should continue until the baby is at least one year old.

The Department's training, counseling and support programs can help Marion County mothers give their babies the best possible start with breastfeeding. Trained staff, support groups and breastfeeding peer counseling programs are available to help.

The Mom and Baby's Club is a support group for mothers to share their challenges, successes and friendship. Meetings are held the first Wednesday of each month in the Department's Ocala facility.

The Department also offers breastfeeding classes. The classes give mothers expert instruction and practical information to help them succeed. These classes are held on the second Tuesday and fourth Wednesday of each month, also in the department's Ocala location.

For more information, call the Department at 352-622-1161.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

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